



WHEN YOU CARE • WE ARE THERE

MENTAL HEALTH AWARENESS FOR CAREGIVERS:

Managing Your Mental Health While Caring for Others

October: Mental Health Awareness Month

Caregiving can pose many challenges that impact the mental health of caregivers. Being intentional about what you need to support your mental health can make all the difference. Join us for an interactive session to learn strategies for dealing with common mental health challenges such as depression, anxiety and stress, receive tips for continued mental health wellness and explore resources.

These sessions are free and open to those who are currently caring for a loved one and for caregivers whose loved one has died. Join us for these live, interactive sessions through either Zoom or your telephone.

FOR MORE INFORMATION:

Contact [Monica Townsend](mailto:mlt4@ubhc.rutgers.edu) at mlt4@ubhc.rutgers.edu or call Care2Caregivers at 800.424.2494

October 21, 2021 | 1:00-2:00 pm

Click here to register: <https://rutgers.zoom.us/meeting/register/tJAsc-uvpz8sHdBrO4vv4l0l0Nt1umTuqbxl>

After registering, you will receive a confirmation email with information about joining the meeting.

800-424-2494

RUTGERS HEALTH

University Behavioral Health Care
COPSA Institute for Alzheimer's Disease & Related Disorders